1995 MEDITERRANIAN
1996 PANAMA
1997 BELIZE
GUATAMALA
HONDURAS

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ANTIOCH
BOOKSTORE
$ 2.25

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College Ruled White Paper
Single Subject
Dennison National Company, Holyoke, MA 01041
33-502
80 Sheets
7¾ x 5

1995

picture #1 & 2 Sep 30

Ohio patchwork, cirrus clouds

New York to Nice -

37000 ft ground speed 590 mi/hr

7 or 8 hours

Oct 1

Herded into a bus we drove around for 3 hrs - Portibes until ship was ready

Regent Spirit - Biggest ship 495'

we have been on (Narvik?)

cabin on 3rd deck from top - Verys good sized room 141 bed with few surfaces to put things on

Sailed from Nice at 7pm

Monday OCT 2

We both slept so late we missed breakfast - signed up for excursions for the rest of week - half day trips every day! lounged around, explored ship ---- Took pictures of Top deck & read. Beautiful day. { Roll 1 3-10

Formal evening - wore our dress up clothes - Captain's reception we sneaked in side door & missed having our pictures taken with Captain

Good dinner - chateaubriand and wine (ours) which we shared After dinner we went to the show - "Memories" old pop songs 20 ♂ & ♀ dancing in elaborate costumes Enjoyable -
got to bed at nearly midnight

Tuesday Oct 3

Up at 6:30 - and were well ready to leave at 8:15

TUNIS - blue & white bright sun - beautiful city - [a lot prettier than I thought it would be] Roll 1 11 - 36

first stop - site of Carthage harbor nice homes (villas) many many trees & flowering plants - lovely

2nd stop - site of Roman baths - on top of where Carthage used to be (?) large area bounded on one side by police barracks (or something) (Don't point your cameras that way)

3rd stop - Cemetary for US casualties of African campaign WW II - impressive

4th stop - the Souks - old Tunis market area - Crowded, bustling - and impossible to shop! (bought nothing in Tunis - although Joe bought me desert Rose

Wednesday Oct 4

more leisurely start
this morning as we didn't
need to leave the boat
until 8:45 Nice breakfast
on Top in the sun while
the ship slowly maneuvered
into the beautiful harbor.
Sicily is full of sharp peaks
our guides name was Clothilde - she
was good, but very treachery -
Palermo is dirty and broken - full of
old bilding & new bilding - hodge podge -
debris from WWII, debris from yesterday
From the ridiculous to the ~~sb~~ sublime -
the Norman chapel has the most beauti-
ful mosaics, many flowers + mad laundry
~~of~~ on balconies
Joe + I went back to town after lunch
and a rest - it was hair raising, noisy + frantic

Roll 2
2 - 18

13000 f
Doll from
Palermo

Thursday Oct 5

POMPEII

A dream realized! And how very amazing it is. First of all - it is very big - would take several days to see it all. We had an excellent guide Dominic - and he made it all come alive. People lived here going about their business - until one horrifying day when Vesuvius blew up sending ash and toxic gas into their very homes - the ash was 20± ft deep / everything was beautifully preserved* - the place was swarming with people / the 2000± year old paving stones were hard on the feet *but the casts of the people were a little unsettling.

Roll 2 19 - 36

Roll 3 1 - ?

Friday Oct 6

TARQUINIA

this was a wonderful day! our bus load seemed to be the only people there - what a relief after yesterday! We visited a very ~~[illegible]~~ interesting museum housed in a 14th Cent. palace. the museum dealt with the early Etruscans - 900 bc → Roman times: bronze, ceramic, gold taken from graves - As they were merchants, foreign influences become more & more apparent as you come down in time. We then visited the early ~~graves~~ tombs - very interesting - not unlike Egyptian (on a smaller scale)

Boll 3
? - 28

bronze
ibex, snail
turtle
mask 10,000 each

Sat Oct 7

Corsica Ajaccio

Took a train tour of the city - little honkey-tonk very uncomfortable, dusty, fumey, noisy & full of talkative, boisterous tourists - However Ajaccio is beautiful and interesting - colorful with plants & flowers - We were treated to a drink (I had pernod) — I scrunched into lunch and then jumped into the bus excursion - a bus tour of island - Oh wonderful! I'm so very glad I went. Steep, rocky (gneiss) mountains 2000' (?) Sparsely settled, narrow roads, great vistas, little old towns - we stopped at Tolle for drink + bathroom (trip was 4 hours long)

Roll 3
28 → end
Roll 4
1 - 13

3 p. cards
honey
$7

Sunday Oct 8

NICE

Roll 4
14 → 25

Relaxed morning - no rushing off except for filling some questions about the trip - AND packing up to move from 141 to 401 - oh my! We were moved down and discovered it was not all that bad - several pluses, in fact, then we went out on the Town. Found Hotel Negresco which Joe knew about from Historic Preservation Fabulous place, such decor, spacious + grand - Elegant lunch in the elegant "chantiecleer" dining room. We walked back along Promenade L'anglais for several blocks before getting a taxi back to ship -

5 F - p. card
45 F - candy

$20 = 88.00 F

Monday Oct 9

Camargue
Aigues-Mont - -

Roll 4
25 → 36

Roll 5
1 → 28

Docked in the harbor of Cette (Sete) along with 2 other LARGE ships Took the AM excursion - and loved it. Beautiful countryside. Drove east toward Rhone Valley - canals, waterways Limestone & red soil (LaFarge sand & gravel) vineyards, acres of neat vegetable farms - Stopped at La Grande Motte - a planned community with some pretty wierd architecture On To Aigues-Mortes - walled 13th Cent Town gypsies in trailers outside walls - Festival Time. We went into town - walked around. Louis II built fortress - launched 7th & 8th crusades from there. Old cathedral recently renovated. Then we went to Thomassettes - a farmer - had wine & cake - charming place

Tuesday Oct 10

Barcelona —

Took the all day tour in the city - Gaudi cathedral, Holy Family, and then the old cathedral - wow! We both thought of Sevilla immediately - massive much gold etc then we drove up to Montserrat - good look at countryside and serious urban sprawl - the mountain road was fabulous - winding road up through layer after layer of sandstone and conglomerate and red soil - eroded in steps like Grand Canyon — red + white, red and white. At the top the ss was eroded into turrets - visited the basilica of the monastery, heard boys choir + saw Black Mondonna at a great distance Back to Barcelona - had a wonderful Spanish lunch, and then visited the 1992 Olympic Stadium —

Roll #5
29 → end
Roll #6
0 - 14

Wednesday Oct 11

Menorca

MAHON

Didn't sign up for any Tours here - Joe walked into Town and I did a bit of laundry, slept, and read. After lunch we both walked back into Town. Pretty, some parts very old - went into one shop - didn't buy anything, then discovered no other shops were open. Having a ~~bad~~ bad time with shopping - shops are mostly closed between 12 and 3 or 4 We both liked the feeling of Menorca - maybe it would be a good place to rent a villa for a couple of weeks

Roll 6
15 - 32

went to the show - Alicia the magician - she's very good -

painted - there I was with a grey arm. I got a lot of attention - but I was not hurt. Took awhile to convince the staff that I needed some Turpentine, gasoline on a cloth. Finally some materialized in the hands of Jose Duarte who patiently & carefully cleaned off my entire arm

Thursday Oct 12

Sardinia

ALGHERO

Anchored off shore - low lying shore with town rising to gently pointed hills. Got on bus for "Taste of Sardenia" tour stopped at prehistoric ruins

Roll 6
33 → End
Roll 7
1 → 10

Interesting - the inside of the Tower/dome was beautiful. there are about 7000 of these ruins known in Sardinia. Could be more - they exist no where else. Second stop was a coastal cliff with "Neptunes Grotto. Got a sample of limestone. Last stop was vineyard - very interesting + nice little taste. I bought a bottle to bring to table tonight {9000 lira Beautiful island - and not too populous - yet Another day with no shopping - I am really saving money! (Boohoo) Back on ship I fell on the outside Venus deck + my arm landed in the gutter which had been recently

Friday Oct 13

LIVORNO ITALY

At leisure on the ship for the AM - late breakfast on Lido, spent rest of time on deck, mapping, drawing just enjoying -
lunch in dining room -
Afterwards - Tour of PISA
what a shock - first sight of leaning tower - everyone on bus gasped - good tour guide for Tower, church + baptistry - fascinating history took 20 pictures + then had time to shop!

Roll 7
11 - 30

Dollf 45000
stamps 6000
carrera marble 6000
egg

Sat Oct 14

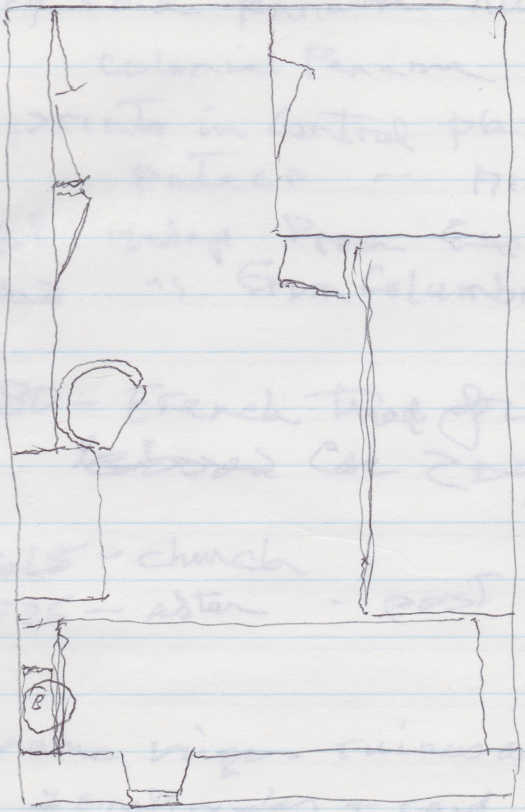
Portofino

boat AM
- little Town - monastary
  pebble beach
- conglomerate rocks
- Camogli - big town

pm - in Portofino

Exchange

Nice · 4.4 x 20 = 88.00 F



destroyed by
Henry Morgan

- 1519 - old panama - ruines
- colonial Panama
prints in central plaza
palace - 1910
1821 widep from España
1903 " from Columbia

1880 - French tried for canal
~~[illegible]~~ Cal Zogeus

1675 - church
1525 - alter - post card

panama viejo - ruines de catedral
I smell molas + card

Feb 22 1996 Thursday

Left home at 8:15 am
flew to Charlotte
flew to Miami
flew To Panama City 7pm

got to Panama Patilla Inn
about 8:30 —
LONG DAY

But all is forgotten in a
new exotic environment!

Feb 23 Friday

tour of Panama City

5 prints

Roll #1
1-21

QUARTZ grapes

Feb 24 Saturday

Early departure from hotel
and off we go -
2 bus loads - toward
Colón - 1½ hrs -
Beautiful countryside - VERY green
and very hilly - mountainous -
Colón is a run down looking place
but there was the Mayan Prince!
53B on the starboard we have always
been on portside - but everything
else the same. Pete the chef and
Teresa - CD
Cocktails at 5, dinner at six - there
are 81 passengers. Met people
who know the Hollisters Lloyd & Elva
Lewis
Top deck after dinner to hear John
Mann talk about Kuna culture
Watched stars - Orion almost directly
over head - Canis major - Canopus
went to bed about 930

22-25
in Colon

Feb 25 Sunday

Very rough nite from when we went to bed until about 4 am. thought I had survived until I went down for juice - went back to bed after getting a bonnine(?) from Stewardess Had a slow ~~ad~~ day -

Went to Acuatupu in the am. over whelmed by the sheer numbers of moles and women. Did not buy anything but paid $1 to take one picture. Back to ship early, napped, and had 1/2 lunch

pictures 26 → 32

Did not disembark at achutupu ~~To~~ Took pictures instead from boat

33 → end

~~[illegible]~~

10 Stamps - 3.50

Feb 26 Monday

Up early feeling good! $50 - Jungle Trip
First half am wrote cards
2nd half wandered on
beach of Quin-Quin
Took pictures
Quin - Quin
After lunch - another
beach - Wayshals repu.
SNORKELLING -
how wonderful it is to
just paddle slowly along,
part of the ocean, looking
at all the beautiful & strange
plants & animals ----

Cards:
Colbert
Kate
Harrison
HCQ

Roll 2
1-4-am
5-8-pm

Feb 27 Tuesday

9-22

Arrived at several islands with towns stopped at Carti Village Market Day overwhelming. Everyone in Town is watching us - so many beautiful little people and what a display of work - the entire town is given over to it - When the ship's ~~Salar Cay~~ whistle blew for us to return, down came the molas and the little ladies stepped into dugout canoes and paddled off To their own islands (my purchases are on the next page) time after lunch for a nap before going Snorkeling at Salar Cay. Had a little trouble with a surging surf - But the Snorkeling was great once I got out after dinner Martina, wife of Rally who works for ACCL, gave a

mola making demonstration. Interesting how she cuts them but she did not demonstrate the sewing

calabash
pine
breadfruit
palm
} trees

Molas +

mask	$5	cloth - $2 + 5	
blue face	5	fan - $1	
2 birds		rattle - $1	
fish	$10		
bird	$1		

Strip — $5

2 parrots $20 - bought from man in the evening

Feb 28 Wednesday

Aritupu - dugouts scooting along and as we approach the island we see mola lines strung from end to end - what a colorful sight, and each time it is just as exciting! However I managed to refrain from going out (felt a little tired) so took pictures instead

~~Bet~~ card
HMQ
LHR
Gwin

26-36

Bought two shells for $2

Witsutuputumat - Another island - long and thin with houses at either end - and molas I did not take the camera and spent a little time walking through the island. In addition, to the many grackles that have been everywhere I heard & saw warblers - looked at several plants - but mostly there were palm trees, then I went snorkeling all by myself - Had a great time & saw a bunch of stuff - - -
Stayed on top deck after supper as the

going was pretty rough - Enjoyed the stars and the evening - took 2 pills + slept tightly all night never waking until 6 ——— —

Feb 29- thursday

Panama canal Day Got up at 6:30 and prepared for a day on the top deck!
We entered the first Lock about 8 and left the last about 3 -
A Great Day! I certainly must understand Locking by now - But I still have to pause a second to remember which way the water is going!

Roll 3
1 - 36
Roll 4
1 - 23

March 1 Friday

Contadora - Northern Island in group of ~~San~~ Archipelago de ~~Blas~~ las Perlas - resort town, walked up the main street, took pictures, went into duty free shop, bought hemp bag made by Choras indians (?) Saw a bright green hummingbird - beautiful vegetation - airplanes coming and going interesting place -

34 - 31

hemp bag $14.00

32 → end Roll 5 1-2

moved down East side of Isla del Rey ~~Islands~~ and anchored at punta Gorda - were ferried in to beach via skiff to go snorkeling wonderful as usual -

Yankee Swap in the evening - Lots of Molas! I got a pretty nice one, but lost it right away!

March 2 Saturday

Around to the west side of Islas las Perlas and anchored off San Jose for the day - saw pilot whales en route the island had a long beach with a great flock of cormorants on it - on the far right end ~~was~~ were outcropping of rocks - dark layers + sandstoney looking. All framed by much greenery which included a path going through it - I wanted to explore it all but felt too tired - we decided to go in the PM - which we did - walked the beach picking up shells Joe took a long walk then we both went swimming - warm water + a gentle surf - heavenly.

3 → 4

March 3 Sunday

Top deck in the am -
early lunch -
At 12:30 we were fetched
by large 14 passenger
canoes with outboards
driven by men from Garachine
20 minutes across the bay and
then 1 hr + ±10 minutes up the
Sambu River - hot & sunny
Suit Cases well covered - and
I loved the ride - Jungle plants
We got out at Chunga Village
where the Choco people
greeted us with smiles and
strings of beads - Wandered around
the Village looking at the baskets
and carved wood - beautiful work
And beautiful people, mostly
women & children, the women dressed
in skirts and paint -

Roll 5
#5 - end
Roll #6
1-3

Baskets
$50±

Carved wood
skate $8
Turtle $5

March 4 Monday

Roll 6
4-22

Rough ride last night from Garachina point. Anchored this am at Taboga within view of Panama City. Joe's cold is getting asthmatic so I went into town alone - 10-12:30 Very hot but most interesting. took pictures of houses and plants -
After lunch sat on top deck for awhile + then went below to pack. Always takes longer than I think - but I got everything in -
Captains cocktail party and farewell dinner. Everyone was feeling mellow - except Joe who feels miserable -
Folklorico on top deck - nice performance -

Rosewood - becoming rare protected in Costa Rica cocobolo

Dalbergia retusa

Ivory nut - widely used for buttons until taqua plastic.

Phytelopis macrocarpa

baskets - black palm
panama hat palm
14 colors - natural dyes

Genipa americana - body dye

Escoway (?) (tree) - dug out canoe

Cuna	Choloe
communal	solitary
women dressed well	clothes not necessary
houses on ground	houses on platforms
grow food for own use	grow food commercially
grow coconuts for trade	men carve wood & nuts
women make molas. with bought materials	women weave baskets all materials from jungle

164,000 sq mile Gatun Lake
Felled by 1924

Acalan Inc. retrieval of logs
3 partners

(170 marketable trees - Panama species -

12 square miles - 25 species sampled -

in Gatun river valley

baseball field in a little town
process the Timber right there

Taboga

Este es un remanso
de paz y oración
Conservalo limpio

Señor de los milagros de Buga

Bougainvillea
Hibiscus
oleander
ginger

coconut
almendra

brown boobie

Guanacaste Park - Guanacaste
Cahuita
Coiba

Xantunich

lunch mahogany furniture

Reef of Belize
187 miles N → S
Ambergris to Sapodilla

Birds
Terns - Royal - Sandwich - least
dive into water, gulls do not
Aztec parakeet - noisy - heard before seen

Tuesday 4 March 1997

Long day beginning at 5 30
picked up by Dart, whisked to
airport - Cincinnati
Miami change to TACA
Belize City - by 5 pm

~~Casa~~ Caribbean Prince at the end
of a long dock - Fort George
53B is dockside - (Director - Nerina
capt.
cook - peter
Saw the Villa hotel where we stayed
in '87 + the little park with the
light + monument

Roll #1

Dinner with 35 other early ± 5 or 6?
birds at Fort George Hotel (not very good)

To bed + asleep with gentle rocking -

Wednesday 5 March

Up early, breakfast and on the bus -

one hour to Guanacaste Park
nice visitor center - took the
trail - familiar plants - but
had trouble with names of course!
3/4 hour to Xanuntinich. the ferry is
still run by man power -
the Ruins are being worked
on - restored, excavated -
Back on bus, headed East
Stopped near Ontario for
lunch - delicious creole shrimp -
mahogany furniture
on to Belize zoo - much much
bigger - but I was getting too tired to
go all the way around
However we did see Sharon
Matola and had a brief chat
with her.

Roll #1
mostly
Guanacaste &
Xanuntinich

bought 2
slate carvings
1 slate pendant
cahune nut
frog

bought
4 p. cards &
4 stamps

Thursday 6 March

Wonderful sleep - tried to take a picture of Belize City (the lighthouse) in the sun before we left - but the sun left before I got out - Set sail for Goff island - skiffed over to it - Perfect Caribbean Island (Quote, the Captain) Snorkelling was VERY difficult but it was good getting in water & swimming

Roll 1 finished

After lunch rested and at 330 skiffed to man-o-war island - A mangrove island harboring hundreds of frigate birds & Brown boobies Quite a sight! went on 2 trips!

Roll 2 1-18

Captains cocktails & dinner - good Afterwards I sat on top deck and reconnected with the stars

Friday 7 March

Arrived at Laughing Bird Caye at 9:30
Took awhile to get moving -
I was VERY stiff - but finally
skiffed over to snorkel - still rough
but easier to manage - saw lots
of fish, coral - beautiful large blue
parrotfish. Stayed out until last skiff

After lunch sat on top deck for
awhile + read NY Times mag (!?) Tried
to nap - no luck. At 4 we ~~dro~~ anchored
near Placencia + Joe + I went
over. Looked much as we remembered, although maybe
larger. We wanted to go to see
Turtle Inn but couldn't work it out.
Shopped at "Sonnys"

P & L:
A + B
H + J
Harrison
Powers

Roll 2
19-22
23-26
Bird Caye

27-34
placencia

Toucan
$6
basket
$5

Saturday 8 March

Left Placencia at 6⁰⁰ Am and arrived at one of the Snake Cayes - Very picturesque - Bow landing in the middle of the drink - we both passed! Looked beautiful but those who went said it was pretty rough & murky. We wrote postcards instead -

Roll 2
35 - 37

PC
weeds
cleared
H+A
Rai - Even

After lunch CP dock at Punta Gorda - bow landing on dock, this time - wandered around town - not as pretty as Placencia and very untidy, dirty

Roll 3
1 - 18
Pta Gorda

Guatemala

Sunday 9 March - Livingstone

After much rocking & rolling at sea skiffed into Town - Main Street started at dock and went right up the hill. many vendors, many people - colorful & lively. The went off to look for shoes. I went moseying along with Sandra (mother of crew member Michelle) my Spanish is as good (almost) as her English. Nice morning - we met Joe & the 3 of us had a fruit drink - Joe & I were the next to last to return

Roll 3
19-26

black & white shirt
square many color cloth
$30

belt $4

2 p.c $1

After lunch the boat started up the Rio Dulces - very slowly so that we could see birds, plants - the skiff went along shore at same speed taking 12 people each trip. Many egrets, cormorants - gulls, terns & pelicans - beautiful. We anchored in the lake (before Lago de Izabel Pina Colada party on Top deck —

Roll 3
27 - end

After dinner crab race on top deck —

Monday 10 March

Left anchorage at Breakfast and cruised to dock at Casa Guatemala - orphanage
Went ashore briefly - smelly place, some - what littered with gum wrappers some of ~~out~~ our passengers brought for kids
Lots of kids around - provision tree
Fruit 4"x7.5" Flower silk yellow with red tips

Roll 4
1-12

John talked about Maya while we cruised to Castillo San Felipe - Did not go ashore
Lunch on top deck - hot and very windy

Roll 4
12-14

Cruised to Hotel Marinonte - docked
Walked around the ground - nice restaurant - looks prosperous but didn't seem to have many customers
Several vendors on CP "front lawn"
Spent a lot of time looking & buying
Had a margarita at hotel bar & enjoyed listening to marimba

bird $s
hat $s
2 table cloths
$31

Tuesday 11 March —

Quiriguá – An hour bus ride through beautiful countryside – Originally rainforest and now farm land and cowpastures. The park with the Mayan ruins is very well kept.

Banana plantation

Roll 4 To end

Roll 5 1 – 12

Roll 5 13+14 back at boat

After lunch we ~~had~~ headed back down the Rio Dolce – Stayed on top to enjoy once again the beautiful river with its birds, flowers, trees etc Anchored off shore from Livingston 15 rag-tag Garafunes came aboard to sing and dance for us – left anchorage about 6 and slid out to sea in growing swells – wind blew and the ocean rocked all night —

Roll 5 - 24 exp film

later note: None of these pictures were d/c

Weds 12 March

What a night of rocking + rolling! Wasn't sure I could get up and eat breakfast - but I did. We thankfully arrived at Vila about 10 30 -

After lunch we went into town - Interesting frame houses, many on stilts Many large spiders on long stringy webs high above street. Many hummingbirds People of all ages and colors. Joe went back to boat and I continued on with 3 others - Returned to the boat for our horn rest + then went back to town with camera + binocs

Pan - 1-4

Roll #5 15 → ??

After dinner Joe and I went back to town to see what the jewelry vendors had to offer

Thursday The 13 of March -

Left the Utila docks and went out to anchor in the middle of Utila Cayes (?) for the purpose of snorkeling & swimming. Wonderful!! there is a platform & steps on the stern which made getting in and out very easy. I went ½ hour in the am and almost an hours in the PM - I saw so many wonderful Things!!

Ship returned to Utila for the night I rested and Tried to draw some fish

During the early morning we cruised to Roatan

Friday 14 March

Roatan - Did a little exploring on foot - Gift shop and hotel lobby (Fantasy Island) lovely place but very much a resort hotel.. This island is the first island where I have seen bedrock - schistose shale

fish book
p. card
$ 10.60

After lunch we walked back to the snorkelling beach - Unfortunately I didn't take Pro cane so I was pretty hot and tired by the time we got there - However all was forgotten when we got in the water - so many fish !!
A wall-like reef -
to swim along back and forth - - - -
very tired in the PM

Ruth of Belize gave a talk on herbal remedies

Saturday 15 March

Roatan

Roll 6
1-5

Snorkelling in ~~morning~~ morning
pottered around in the afternoon
including sitting in the dive shop
watching a wonderful underwater
video —

Captains dinner etc

Sunday 16 March

Left the Caribbean Prince for the last time about 10^{30} took taxi to Bay Island Resort Roll 6
Beautiful house "Casa Blanca" 6 - 11
with cottages (double) down over
the hill (45 $\pm \frac{3}{2}$ steps) gorgeous
layout. this is on the North Shore of
Roatan Island, whereas the CP is docked
on the South, the north star ~~long~~ hangs
about 16° above the horizon. The main
activity here is DIVING - the schedule
revolves around that so we will fit
in somewhere!

John's Maya talk

pre-classic 2500 - 1500 bc
Classic - 250 - 900
post classic

Royalty lived in vicinity of Temple
lesser folk lived further out ---
huts with caherne thatch similar to today

Rulers buried with goods for afterlife -
graves under homes? Temples?

Temples built of block made of cement
and stuccoed -
Limestone quarried & burned for lime -

Quiriaqua Stelae Stelae
Stelae commemorate rulers
more advanced artwork than ~~Xantunich~~ Xunantunich

San Felipe - Spanish Fort

Simpson Paper Co
Gemelli Trees

Quirigua - pre classic
agricultural

central plaza - peons lived

ball court - games

acropolis - elite lived

Stela - record happening
portrait of ruler

sandstone stela
brought on river

"Guide to Coral + Fishes of Florida
~~The Bahamas and the Caribbean~~
Greenberg, I + J
~~Seahawk~~ Press
~~6841~~ SW 92 St Miami FL 33156

Tres Flores

Stinging nettle - tea
also rub on affected area until sense returns

guava

Avocado -

Sansevera (snake plant) - tea
poultice on snake bite

Jadeite - Guatemala
Cu + Au - after 500 ad
Tumbaga - Cu + Au together

---

from Ricardo - stamps

3 -	L0.50	1.50
1 -		1.50
1 -		0.85
		3.85

Monday 17th March

Woke up to the sound of millions of birds - Turns out a lot of it was made by the resident parrots. We went up (45 steps) to the castle for breakfast on the balcony - so nice. As we ~~st~~ planned to look around Roatan for awhile we told Kathleen we would not be there for lunch. We planned to go down to the road to look for a taxi - when just then the company truck came down the road & picked us up - Anthony's Cage - a large resort - very attractive in which is located IMS - institute of Marine Science - Very good museum, labratory & study space - and a good 15 min - dolphin show Half Moon Bay - went there for lunch - and there were 2 couples from CP! After lunch we went to Coxen's Hole - biggest town on island - dirty but interesting. Got back to our place & found everyone planning to go out to dinner so we went too tres floes

bought 2 stone artifacts - modern $25

Tuesday 18 March

Weds 19 March

Little plane to La Ceiba & to
Don Pedro Sula

the north coast of Honduras is very hilly, actually mountainous and uneven from La Ceiba the route follows a broad flat valley. Quite a few meandering sand beds with no water criss-cross the valley from the mountains to the ??? roughly in a westerly direction — Further along the valley bottom is covered with a patchwork quilt of growing green - Feild after Feild of different sizes and shapes - huge banana plantations as well as small one. Now we see large meandering streams & river beds, these full of water -

Taca to Miami